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ABSTRACT

The student handbook was developed for use with students who intend to particpate in the Environmental Education Outdoor School Program in Santa Barbara County, California. After the form for the student to complete with personal information, i.e., name, school, etc., the handbook begins with a letter to the students, welcoming them to the program. Additional topics covered include: the Outdoor School site close to Cachuma Lake in the beautiful Santa Ynez mountains (with map); the two villages, with four cabins in the girls' village and five cabins in the boys' village (with map); the school staff; living at the Outdoor School (assuming responsibility for yourself); duties; dining hall (emphasis placed on manners); rest and group time; studying in the Outdoor School (be quiet, be patient, use your five senses); trail hikes and special activities; daily schedule (beginning with wake-up at 7:00 and ending with lights out at 9:00 p.m.); conduct while at the school; and items to bring to the school (includes a list of optional items and forbidden items). The booklet ends with emphasis placed on recreation periods and having fun. (AH)

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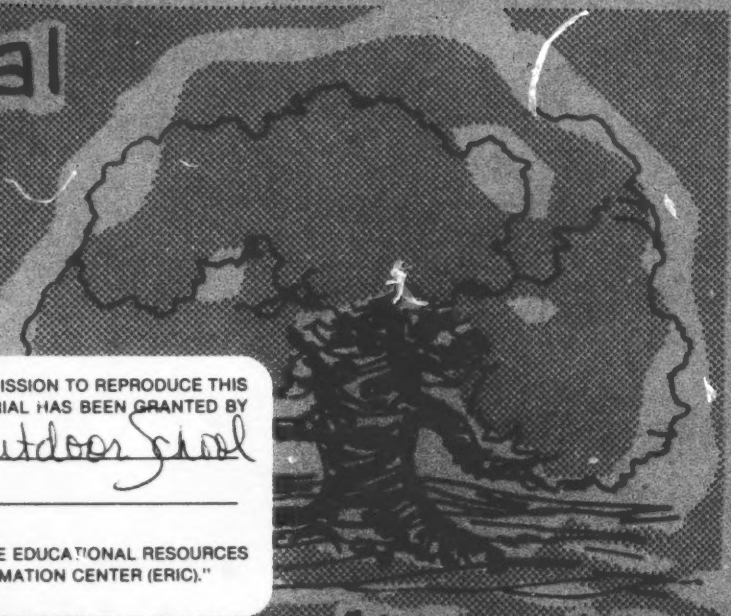
Environmental Education Outdoor School Program



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Student's Handbook

RC01 8891

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SANTA BARBARA COUNTY SCHOOLS OFFICE

STUDENT'S NAME

SCHOOL

NOTES:

DATE:

Dear Outdoor School Student:

Welcome to the Environmental Education Outdoor School Program. Soon you and your class will be boarding the bus and traveling up into the Santa Ynez mountains to the Outdoor School site.

We have written this book just for you. If you will read it carefully, it will help answer the many questions you have about where you are going and what you will be doing.

We hope your week with us will be a rewarding and fun experience for you.

Studying in nature's classroom, the "Out-Of-Doors," has always been fun and exciting for us because you can feel, touch, and see what you are learning about.

The whole Outdoor School staff is waiting anxiously for you and looking forward to seeing you soon.

February 1980

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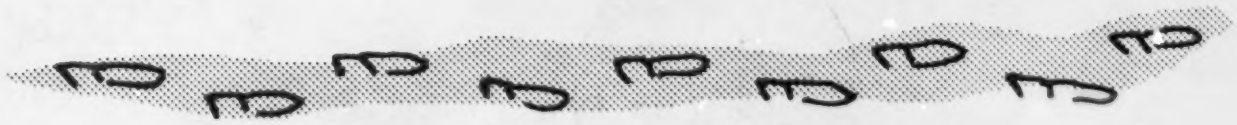
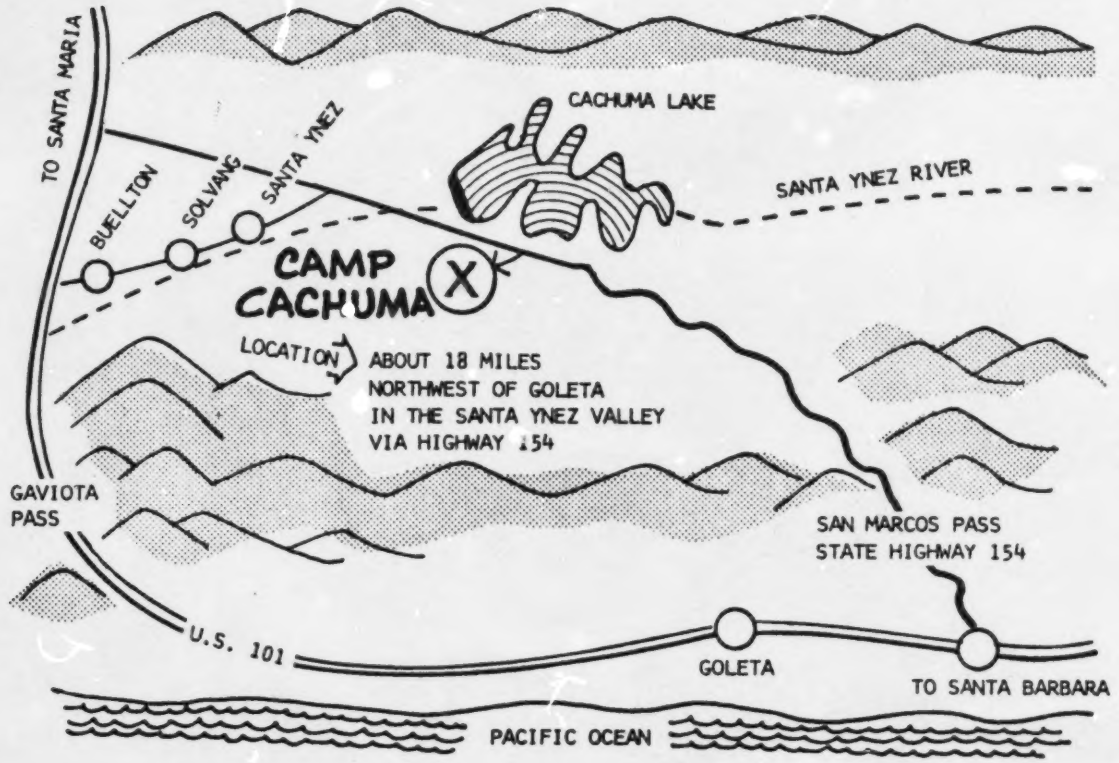
SANTA BARBARA COUNTY SCHOOLS OFFICE

ENVIRONMENTAL EDUCATION PROGRAM
Santa Barbara County Schools

The Outdoon School Site

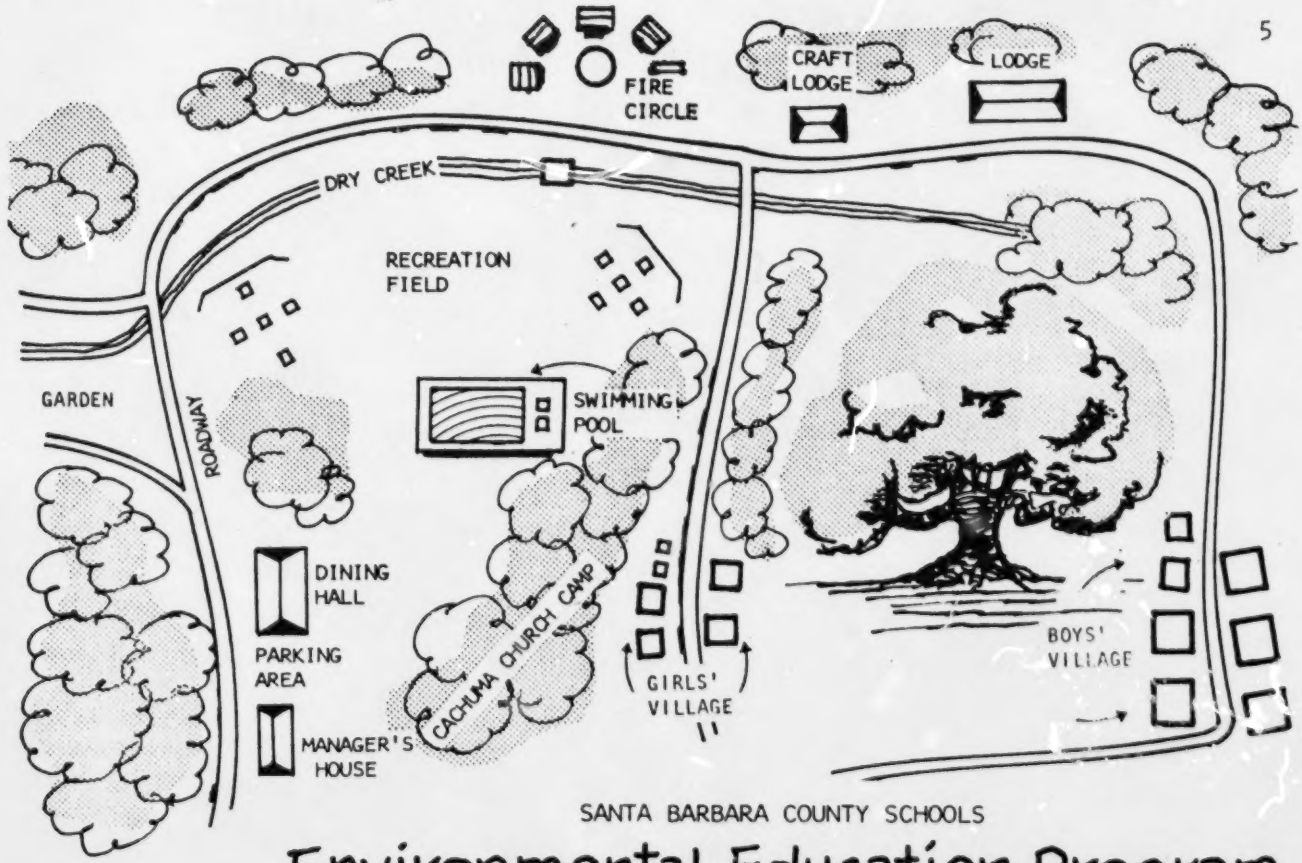
The Outdoor School site is in the beautiful Santa Ynez mountains, close to Cachuma Lake. The Office of the Santa Barbara County Superintendent of Schools rents a camp to provide comfortable living quarters for you while you are studying in the outdoors.




TO SANTA MARIA
BUELLTON
SOLVANG
SANTA YNEZ
CACHUMA LAKE
SANTA YNEZ RIVER
CAMP CACHUMA
X
LOCATION
ABOUT 18 MILES
NORTHWEST OF GOLETA
IN THE SANTA YNEZ VALLEY
VIA HIGHWAY 154
GAVIOTA PASS
SAN MARCOS PASS
STATE HIGHWAY 154
U.S. 101
GOLETA
TO SANTA BARBARA
PACIFIC OCEAN

Village Areas

There are two villages with four cabins in the girls' village and five cabins in the boys' village. All the cabins have heat and electricity and bunk beds to sleep on. Each village area has two rest rooms with showers and wash facilities for your personal cleanliness. For your meals you will eat in a large dining hall. There is also a lodge for evening activities that has rooms where the teachers stay. The infirmary is also in the lodge.



SANTA BARBARA COUNTY SCHOOLS

Environmental Education Program

"...education in, about, and for the outdoors."

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Your daily trail hikes will take you out of the area where the Outdoor School facility is and on to surrounding land owned by the Santa Barbara County and also on to Los Padres National Forest land. There, with your naturalist teacher, you will begin your studies about nature. You will be hiking through oak woodlands, into cool canyons, and up into the warm chaparral.

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The Outdoor School Staff

The Outdoor School has many people working together to see that you enjoy your week and learn as much as possible.

Some of the people you will get to know during the week are: the Director, Naturalists, two Village Supervisors, Cabin Leaders and our Cooks.

Living At The Outdoor School

The Outdoor School is a community all by itself. There we do not depend on our parents or someone in town to do a job for us, but we depend on each other.

The success you will have during the week will depend on the amount of responsibility you accept toward learning on the trail hikes and in other activities and in working in your village areas.

You and a few of your classmates will join sixth-graders from the other classes in attendance to form a cabin group. Each group will live in a separate cabin under the leadership of a Cabin Leader. The Cabin Leader has taken a week from school to help you in everything you do during your time at the Outdoor School.

In the Boys' Village area and in the Girls' Village area there is a permanent Village Supervisor to also help you and your Cabin Leader with the village life part of the program. They are there to answer any questions you have and will also become close friends of yours.

Duties

During the week, your cabin group will be responsible for a small share of duties which is very important for the overall operation of the school.

If everyone in your cabin pitches in, the work will be easy and fun.

The duty list consists of cleaning your own cabin, making your beds, set-up and clean-up in the dining hall, sweeping out the rest rooms, cleaning the wash sinks, picking up the grounds around your cabins, collecting wood for the campfire, and sweeping the lodge.

Dining Hall

Meal time is an enjoyable time at the Outdoor School. Food is served in what we call family style for lunch and dinner. There is always plenty of food and seconds are usually available at all meals. *(Some meals will be served in our outdoor setting.)*

Dining Hall (Continued)

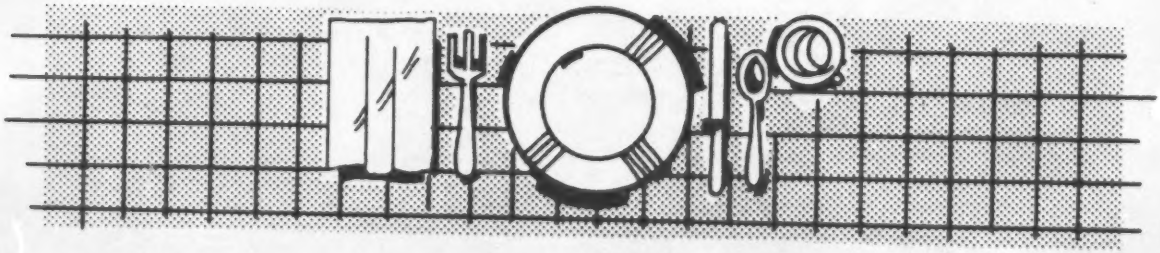
Conversation in the dining hall is a part of the meal and a time to talk with friends about what went on during the day. However, with 120 - 130 people eating in the same room, talking tones, not yelling tones, are necessary.

Each table will designate a table hopper to get second helpings of food from the kitchen. It is the table hopper's responsibility to find out the number of seconds required by the table and to tell the cook.

Table manners are also stressed: passing the food, not eating until everyone is served, "sing your napkin, saying "Please" and "Thank you."

Below is a place setting arrangement to follow when it is your turn to help set the table.

PLACE SETTING ARRANGEMENT



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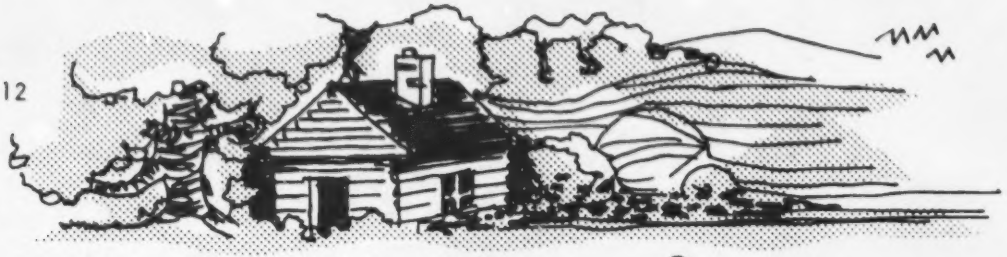


Rest And Group Time

After lunch each day, you will have a half-hour to return to your cabins with your Cabin Leader to use the rest rooms and lie on your bunks.

Following rest time, your cabin group will be able to choose from several alternatives: you may stay in the cabin for continued rest and quiet activity, such as letter writing and reading; or, you may go to the recreation field for softball, volleyball, or other games. Your whole cabin group is required to stay together as a group during this time period. Because it is very unusual for all individuals to want to do the same things at the same time, you and the other members of your cabin group will need to learn to give and take (compromise). If there is lack of agreement, your Cabin Leader will have you vote for the activity of your choice. Majority vote decides how group time shall be used. You might want to write cards or letters. Bring your own stationery and stamps. You can receive mail at the Outdoor School. Our address is: Star Route 154, Santa Barbara, CA 93105.

Studying in The Outdoor School

Each morning you will go on scheduled trail studies led by a naturalist. Afternoons will afford you a chance to choose from several "special activities." On the trails you will be studying in small groups of boys and girls from each of the cabins at Outdoor School.

You will be learning about nature, not from a book but from real life. This will require different skills than those you would use in the classroom. However, if you follow the three basic rules, you should have a successful week.

1. Be quiet.
2. Be patient.
3. Use your five senses:
   sight, hearing, touch, taste and smell.

If you are quiet on the trails, you won't frighten away the animals and birds, and you can hear what your naturalist is pointing out to you.

If you are patient, you will have time to see what is around you. Nature cannot be rushed.

If you use your five senses, your powers of observation will increase and you will be able to discover many new things.

Trail Hikes And Special Activities

Environmental Activities:

- Town Hall Meeting
- Litter hikes
- Erosion control
- ABC's of cycling
- Solar energy

Geology:

- Mountain building
- Faults
- Fossils
- Types of rocks
- Conservation of earth's resources

Chumash Study:

- How to make "Indian artifacts" and tools
- Chumash legends
- Chumash history
- Chumash games

Evening Activities:

- Folk dancing
- Night hike
- Campfire
- Indian visitors
- Astronomy
- Town Hall Meeting

Independent Study:

- Nature crafts
- Writing
- Photography hikes

Animal Life:

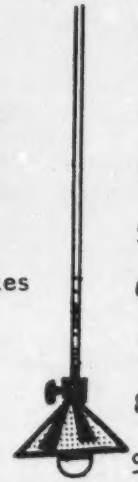
- Habitats
- Food chains
- Predator-prey relationships
- Identification of common animals
- Animal adaptations
- Tracking
- Endangered species

Plant Life:

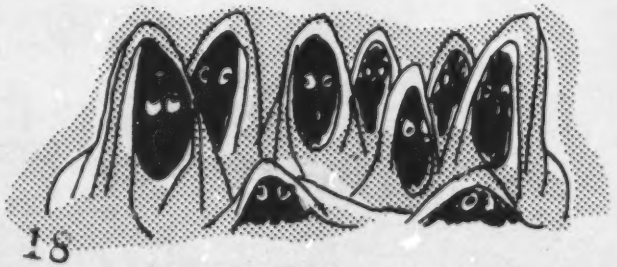
- How plants see their environment
- How plants and animals interrelate
- Plant communities and plant adaptations
- Plant identification
- Edible plants

Daily Schedule

7:00	Wake-up/Cabin clean-up
7:30	Table set-up
8:00	Breakfast
8:30	Community chores
9:30	Morning activities/Trail hikes
11:30	Lunch set-up (Wed. 12:00)
12:00	Lunch (Wed. 12:30)
12:30	Quiet time
1:00	Group time
2:00	Special Activities
4:00	Snack time
4:15	Recreation
5:00	Showers
5:30	Dinner set-up
6:00	Dinner
7:15	Evening activity
8:30	Preparation for bed
9:00	Lights out



NOTE: This is a basic schedule and may be changed somewhat because of special activities or weather conditions.



Outdoor School Conduct

During your stay you will be participating in many activities. There are some safety rules and procedures you will be expected to follow. This section will help you understand what your various duties and responsibilities will be.

1. To insure that health and safety laws are followed, students are to be under the supervision of a teacher, naturalist, or cabin leader at all times.

2. To protect our environment, do not remove any specimen. Do not remove or injure any living plant or animal.

3. To provide a successful village/cabin living experience, follow the standards for language and behavior that are in effect at your regular school.

Items Your Child Should Take To Outdoor School

Essential Items

Blankets: three, or one sleeping bag and two blankets
Towels, two
Wash cloth
Toothbrush
Tube of toothpaste
Bar of soap
Comb
Facial tissue
Flashlight, extra batteries
Heavy jacket or coat
Sweater or sweatshirt
Shoes: two pairs if possible; one pair should be tennis shoes
"T" shirts or regular shirts or blouses
Undershirts
Underpants
Socks
Cap or scarf (rain gear during wet season)
Sleeping garment
Handkerchiefs
Tough trousers (jeans, levis) two pair
Lip ice
Swim suit
Insect repellant (spring sessions) (no spray cans)

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Girls might like a shower cap.

Continued on Page 18

Please do not feel that articles of clothing must be new. Your child's old clothes will be ideal. We do stress cleanliness so it will be necessary to take enough to allow for changes. Please be certain that all items are clearly identified with the child's name or initials. Ink on masking tape works very well on sleeping bags, suitcases, etc.

The following items may be taken, but are not required:

- Books
- Camera and film
- Musical instrument
- Pillow and pillow cases
- Compass
- Hand lotion
- Hair brush
- Shorts (but not for trail hikes)

The following items must not be taken to camp:

- Knives
- Radios
- Confections
- Money
- Hatchets
- Firearms (guns)
- Mess kits
- Spray cans of insect repellant

NOTE: THERE IS AN EMERGENCY PHONE SYSTEM TYING ALL POINTS OF THE OUTDOOR SCHOOL SITE TOGETHER. IT IS MONITORED 24 HOURS A DAY.

Having Fun At The Outdoor School

After the afternoon activities, there is a recreation period: time for sports and, during warm weather, swimming.

Most evenings there will be a fun campfire after the evening program that everyone will attend. Be sure to bring your guitars or other musical instruments to help us as we sing.

Here, at the end of this littie booklet, we hope you are excited about the week planned for you. Along with your other things, please bring lots of questions about birds and animals, trees and plants that live in a natural environment. We promise you will be able to take answers to those questions home with you, along with answers to many questions you haven't thought of yet.